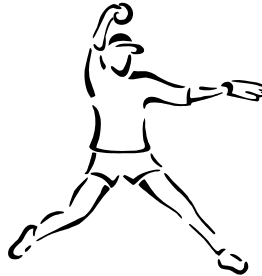


ALEXANDRIA DEPARTMENT of RECREATION, PARKS AND CULTURAL ACTIVITIES
RECREATION SERVICES DIVISION
SPORTS OFFICE



**2013 NATIONAL DIVISION
FAST PITCH SOFTBALL RULES AND REGULATIONS
(Revised 3/13)**

1. PLAYER ELIGIBILITY

- 1.1 The player's age as of April 30 of the current year is her league age. A girl will be eligible to participate provided she has reached her 9th birthday but not her 12th birthday on or before April 30th of the current year. Only residents of the City of Alexandria are permitted to participate in the league.
- 1.2 The Recreation Department is responsible for checking the ages of all their players.
- 1.3 A player may not change teams after participating in a league game.
- 1.4 A team playing an ineligible player shall automatically forfeit all games in which the player or player's participated and disciplinary action against the coach will be taken
- 1.5 Each player must have a current registration form to the Sports Office before being eligible to participate in practice or a league game.
- 1.6 A player cannot participate in any other softball league operated by the Recreation Department while playing in this league.

2. TEAM ROSTERS

- 2.1 A team roster will be limited to a minimum of 10 players and a maximum of 14 players.
- 2.2 Roster changes or additions must be approved to the Recreation Department Youth Sports Office staff only.

- 2.3 All teams will be expected to participate in the Annual Opening Day Ceremony. Coaches and players will be recognized as a team during the ceremony.

3. UNIFORMS and EQUIPMENT

- 3.1 The catcher must wear a chest protector, shin guards, throat guard, helmet and facemask. All players must have a standard ball glove to play defensively in the field.
- 3.2 Steel spikes are not permitted in practice or league games.
- 3.3 Aluminum bats must meet all standards of the Amateur Softball Association (ASA), USSSA, National High School Federation rules (NHSF) or PONY rules.
- 3.4 Players must wear matching jerseys and socks. Visors will be issued to each player, but are optional to wear. Softball pants, shorts or other is optional as outlined by the coach. All jerseys must be worn inside the shorts or sweatpants. No blue jeans will be allowed.
- 3.5 For safety and injury prevention, casts, exposed jewelry such as wristwatches, bracelets, earrings, neck chains or any other item deemed dangerous by the umpire may not be worn. THERE ARE NO EXCEPTIONS TO THIS RULE.

4. PLAYING RULES

- 4.1 Team line-ups must be presented to the official scorer ten (10) minutes prior to the scheduled start of the game. If the lineups are not in by official game time, the amount of time lost gathering the lineups by the staff will be deducted from the one (1) hour and thirty (30) minute time limit.
- 4.2 There will be a 20 minute grace period for weeknight's games only to field a legal lineup before the game is declared a forfeit. The amount of time lost for the grace period will be deducted from the one (1) hour and thirty (30) minute time limit.
- 4.3 For weekend games, there will be a 10 minute grace period to field a legal lineup before the game is declared a forfeit. The amount of time lost for the grace period will be deducted from the one (1) hour and thirty (30) minute time limit. If a game is started late on the weekends, the team that causes the late start will begin their offensive side in the first inning only with one (1) out against them. THE OBJECT HERE IS TO NOT HAVE FORFIETS, BUT TO PLAY IF POSSIBLE.
- 4.4 Official Rules of National High School Federation rules (NHSF) shall apply to all general features of the game except where amended by these rules.
- 4.5 Official team shall be composed of ten (10) players. A team may play with as few as seven (7) players if that is all that is present at the game. A team with fewer than seven (7) players present at the start of the game will forfeit.

- 4.6 A base runner may leave the base and take 3 steps only after the ball leaves the pitcher's hand. Base runners are allowed to run on a wild pitch only if the ball goes past the catcher in the home plate area. This will be the judgment of the umpire if the ball goes behind the catcher. There is no advancement on a dropped third strike. Sliding is permitted and all players must avoid collisions with catchers and fielders making a play. Sliding is the preferred method of avoiding contact. Failure to avoid contact is an out and will be a judgment call by the umpire. Sliding is not permitted at first base.
- 4.7 A courtesy runner can be used to speed the game up. You may insert a courtesy runner only for the pitcher or catcher. The courtesy runner **MUST** be the player who made the last out. At any time, you can insert a courtesy runner to replace a player with a health or injury issue, but it **MUST** be the player who made the last out. Please note that intentional deviation from this rule will lead to a forfeit.
- 4.8 Bunting will be permitted.
- 4.9 The pitching rubber shall be **35 feet** from home plate and bases 60 feet apart. An eleven inch (11") ball will be used in this division. The pitcher must be in direct contact with both feet on the pitching rubber prior to and during the delivery of the pitch. An illegal pitch will be called and a ball is called by the umpire, if a pitcher does not start with both feet on the pitching rubber during the delivery of the pitch.
- 4.10 The infield fly rule shall not apply in this division.
- 4.11 Home team shall occupy the third base dugout. Two adult base coaches only are permitted for the offensive team. Coaches may stand outside the dugout by the open gate area only while their team is on defense, but may not interfere with the regulation of the game. However, it will be at the umpire's discretion where the coaches may stand or if there is interference.
- 4.12 The official scorer will be the recreation department staff person assigned to work the game. In cases where a staff person is not present, the home team is the official scorer.
- 4.13 No players will be allowed to stand outside the dugout at any time during the game except for only one player (on deck batter with helmet on) may be within the designated on deck circle next to the dugout.
- 4.14 Games have a one (1) hour and thirty (30) minute time limit. Official game will be six (6) innings (5½ if the home team is ahead). In case of rain or an abbreviated game, four (4) innings (3½ if the home team is ahead) will be an official game. All games will have a two hour drop dead time limit.
- 4.15 Coaches will pitch the first inning of each game. There are no walks during coach pitch, however a player can be called out on strikes by the umpire or strike out by missing the ball on three swings.

- 4.16 Each inning has a four (4) run limit, except the “*announced*” last inning which has a ten (10) run limit. No new regular inning will begin after that time. All innings started will be played to their conclusion. The game is over if a team is behind by 10 runs or more after a legal game (4 innings) is established, and the losing team had its rightful turn at bat. The losing team *must* have its turn at bat even if it is the last inning and they are more than ten (10) runs behind. In this situation, they cannot win the game, but can close the score. In the last announced inning, if the visiting team is winning by ten (10) or more runs, they will only be allowed to score one run for that inning. The home team, *who cannot win the game*, would still be allowed to score up to ten (10) runs, ending the game. Examples: If the visiting team is winning by eight (8) runs, they can score up to three runs for the inning, winning by seven (7) runs; they can score up to four (4) runs and etc.
- In the case of a tie after six (6) innings or the “*announced*” last inning, the game will continue using *International Tiebreak Rules (ITB)* with no new ITB inning beginning after the two (2) hour mark. *The ITB rule – the last player who completed their turn at bat in the prior inning, will begin the next inning as a runner at second base with no outs, the next regularly scheduled batter will lead off. ITB innings will follow the four (4) run limit.*
- 4.17 Any player in the lineup must play a minimum of two (2) innings or six (6) outs defensive outs in the field each game. The only exception to this rule is in the cases of illness, injury or special situations. Failure to abide by this rule shall result in forfeiture of the game.
- 4.18 Each team will establish their batting order at the beginning of the game, with all players present in the batting order. Except for players who arrive late and are added to the end of the batting order, no changes will be made to the batting order. If a player leaves the game for any reason (leaving early, illness or other circumstances) and is unable to bat, when that player's batting position comes up, it will constitute an automatic out. There is no exception to this rule. The on deck batter must wear a helmet/mask and be positioned behind the batter's backside.
- 4.19 Pitchers may pitch a maximum of three (3) innings per game. Exception: Pitchers may pitch more than three (3) innings against Arlington County teams and when a game goes into extra innings. Both starting and relief pitchers may re-enter the game as a pitcher only one time after leaving the pitching position provided they have not already pitched their allotted three (3) innings for the game. She may return as a pitcher in the same inning only after one batter has been pitched to by another pitcher and that batter completes their turn at bat, whether an out has been made or the batter reaches base. If a pitcher desires to walk a batter intentionally, all pitches must be legally delivered to the batter.
- 4.20 If an umpire fails to appear within 10 minutes of the scheduled game time, the teams, by mutual agreement, must appoint someone to umpire the game.
- 4.21 Overthrows – The distinction between “infield and outfield” overthrows. On a batted ball that leaves the infield (including fair or foul balls allowing the runners to tag up), runners

may continue to advance at the risk of being put out until the ball is returned to the pitcher within the 16 foot circle regardless of the number of overthrows. On a hit fair ball to the infield, runners are allowed the maximum of one base advancement at the runner's risk of being thrown out following a throwing error. If a second overthrow results while attempting to put out the advancing runner, the runner may not advance again – becoming a dead ball situation. Once the pitcher returns to the pitching circle, runners must return to the last base touched immediately or it will result in the umpire calling the runner out.

4.22 Tie Breaker will be decided by the following format:

1. Best Won – Loss Record
2. Head to Head Competition, If teams play twice the *second game* will determine the seeding.
3. Coin Toss Between Tied Teams

There will be no play-off game to break a tie.

4.23 All players, coaches and parents must sign the Code of Sportsmanship prior to the start of practices. Coaches shall be responsible for the conduct of their players, both on and off the field and their spectators/ Improper conduct on the part of the players, coaches or spectators may result in the expulsion, suspension or forfeiture of the game.

4.24 Profane and abusive language by the players, coaches, or spectators will not be tolerated. Disciplinary action can include suspension, loss of NYSCA certification and/or termination from the league.

4.25 The umpire and the coaches from each team shall meet before each game to review the general rules, and to discuss any mutually agreed upon changes. Coaches are encouraged to play all their players at all the defensive positions during the course of the season.

Girls Rule In Fastpitch !